

Greetings from the SD Diabetes Prevention & Control Program (DPCP) and welcome to the July 5th edition of the "DPCP FYI". Each FYI is distributed to more than 350 diabetes care professionals in and around South Dakota. If you have trouble with the links or attachments, the e-bulletin is also posted on the DPCP website at <http://diabetes.sd.gov>. If you have suggestions for improvement to the FYI or if I can otherwise be of assistance, please let me know.
Colette

This issue's topics~

- [Seeking Potential Presenters for Changes and Challenges in Diabetes Care-2006](#)
- [Bilingual Diabetes Handouts](#)
- [Future Link Mailings](#)
- [Wellmark Foundation Request for Proposals](#)
- [Take Charge of Your Diabetes Publication](#)
- [Partner Focus](#)
- [South Dakota "On the Move" Challenge](#)
- ["Do Increased Portion Sizes Affect How Much We Eat?"](#)
- [Diabetes on South Dakota Focus](#)

Seeking Potential Presenters for *Changes and Challenges in Diabetes Care-2006*

Proposals are being requested for presenters at the *Changes and Challenges in Diabetes Care-2006* conference on October 10th and 11th, 2006. The team should consist of, at a minimum, a Registered Nurse, Registered Dietitian and a person with behavioral health experience. Proposals should include all anticipated expenses including development and provision of PowerPoint presentations, travel, meals and lodging for 2 nights in Chamberlain. Tentative objectives for the conference are:

- ✓ Identify the current approaches to diabetes management
- ✓ Apply diabetic management approaches to patient care
- ✓ Describe the role of medical nutrition therapy
- ✓ Apply the concepts of carbohydrate counting
- ✓ Describe the uses for the Adult Learning Principles
- ✓ Compare & contrast teaching/learning styles to the diabetic patient
- ✓ Apply a teaching/learning style to a patient situation
- ✓ Create a visual learning tool
- ✓ Define treatment goals for gestational diabetes
- ✓ Apply diabetes management skills to patients with gestational diabetes
- ✓ Describe the benefits & risks of exercising with diabetes
- ✓ Identify the guidelines for safe exercise & diabetes
- ✓ Discuss appropriate blood glucose monitoring
- ✓ Differentiate the most common diabetic complications
- ✓ Define treatment strategies for the most common diabetic complications
- ✓ Identify individual & family psychosocial issues related to diabetes
- ✓ List the various coping strategies useful in intervening with patient/family psychosocial issues related to diabetes
- ✓ Design treatment strategies for specific diabetic case studies

For further information contact Jewell Horn at 668-8477 or jhorn@shhservices.com. Proposals can be mailed or faxed and need to be received by July 21st at Avera Education & Staffing Solutions

Attn. Jewell Horn, RN
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Bilingual Diabetes Handouts

The *Nutrition Education for New Americans Project*, through the Georgia State University Anthropology Department, has developed basic nutrition and diabetes handouts in more than 20 languages. The handouts are copyright free and can be distributed freely. Visit <http://monarch.gsu.edu/multiculturalhealth>

Future Link Mailings

The 8/06 mailing of the Diabetes Information Link, which reaches approximately 6,700 South Dakotans with diabetes, will be a brochure developed by the National Kidney Education Program that explains kidney disease, its prevention and its treatment.

The 10/06 Link mailing will contain disaster preparedness information for people with diabetes. Reminder information on the need for a pneumococcal and annual influenza vaccination will also be sent. Contact Colette if you would like copies of any of these materials for dissemination in your facility

Wellmark Foundation Request for Proposals

The Wellmark Foundation has one remaining grant cycle for this year. The Foundation seeks to support proposals that will increase the capacity of organizations in order to deliver quality health programming in the community. Proposals can be up to \$5000 and must be received by the Wellmark Foundation by 9/1/06. Full information is available at www.wellmark.com/foundation/apply/2006_Capacity_Building_RFP.pdf

Take Charge of Your Diabetes Publication

The SD Dept of Health produces copies of a US Health & Human Services publication- *Take Charge of Your Diabetes*. If your facility would like to receive free copies, contact Colette. The publication can be viewed at www.cdc.gov/diabetes/pubs/tcyd/index.htm.

Partner Focus

We'd like to incorporate a Partner Focus section into the DPCP FYI to highlight your programs, projects, successes and lessons learned. If you'd like share information through the FYI, send Colette a paragraph or two. Please try to keep the word count to under 500.

South Dakota "On the Move" Challenge

The South Dakota Department of Health is inviting South Dakotans to participate in a Healthy Challenge to encourage them to be more physically active. The competition is web-based and part of the Healthysd.gov website. Registration for the Challenge is open with the competition lasting July 1-31. People can compete as individuals or challenge friends or co-workers to compete as teams.

Participants will record minutes of moderate and vigorous physical activity. Both work and leisure physical activities are included. According to health department data, 53.5% of South Dakota adults reported doing less than 30 minutes per day of moderate physical activity, or less than five days per week of moderate physical activity. Additionally, 78.0% of SD adults report doing no vigorous physical activity which is significantly worse than the nation as a whole.

Go to www.healthysd.gov and click on On the Move Challenge to sign up. Get your team together today!

"Do Increased Portion Sizes Affect How Much We Eat?"

The Division of Nutrition and Physical Activity at CDC has recently posted on its website the second Research To Practice article designed to summarize the science on a weight

management topic for health professionals. This second article is entitled "Do Increased Portion Sizes Affect How Much We Eat?" The review examines what science underlies the notion that large portion sizes have contributed to weight gain among Americans. This section also offers ideas to practitioners about how to counsel their patients or clients about portion size. You can access the document at

www.cdc.gov/nccdphp/dnpa/nutrition/health_professionals/practice/index.htm. A companion consumer brochure will be forthcoming on this website.

Diabetes on *South Dakota Focus*

Diabetes was the topic during the June 16th *South Dakota Focus* on South Dakota Public Television. A panel representing the different aspects of diabetes care discussed specific topics and answered questions from viewers. The episode has been archived and can be viewed at www.sdpb.org/TV/sdfocus/index.asp.

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